



Mai Tai

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



152 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon curacao
- 0.5 tablespoon rum dark
- 1 serving ice cubes
- 1 tablespoon rum light
- 0.5 tablespoon juice of lime fresh
- 1 serving mint leaves (if desired)
- 2 tablespoons orange juice
- 1 slice pineapple (if desired)

1 dash simple syrup glaze

1 dash orgeat

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Equipment

Directions

Fill a 4-ounce glass with ice.

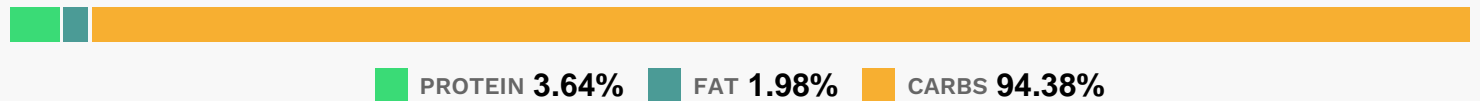
Pour in 1 tablespoon light rum, 1 tablespoon orange curacao, 2 tablespoons orange juice, 1/2 tablespoon fresh lime juice, 1 dash orgeat, and 1 dash simple syrup.

Drizzle 1/2 tablespoon dark rum on top.

Garnish with mint, pineapple slice, and paper umbrella, if desired.

Cocktail Tip Sidestep the extra calories by making cocktails with fresh fruit juices and calorie-free beverages rather than mixes, which are loaded with sugar.

Nutrition Facts



Properties

Glycemic Index:140.67, Glycemic Load:7.57, Inflammation Score:-5, Nutrition Score:7.4599999293037%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 4.84mg, Hesperetin: 4.84mg, Hesperetin: 4.84mg, Hesperetin: 4.84mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 152.09kcal (7.6%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 18.35g (6.67%), Sugar: 14.6g (16.22%), Cholesterol: 0mg (0%), Sodium: 5.24mg (0.23%), Alcohol: 11.95g (100%), Alcohol %: 6.86% (100%), Protein: 0.76g (1.52%), Vitamin C: 59.72mg (72.39%), Manganese: 0.8mg (40.03%), Vitamin B1: 0.1mg (6.82%), Folate: 27.21µg (6.8%), Copper: 0.13mg (6.33%), Vitamin B6: 0.11mg (5.6%), Fiber: 1.35g (5.42%), Potassium: 175.1mg (5%), Magnesium: 15.88mg (3.97%), Vitamin A: 162.95IU (3.26%), Vitamin B3: 0.59mg (2.94%), Vitamin B5: 0.26mg (2.56%), Vitamin B2: 0.04mg (2.49%), Iron: 0.41mg (2.3%), Calcium:

19.95mg (1.99%), Phosphorus: 15.26mg (1.53%), Zinc: 0.15mg (1.01%)